

## ***Abstract***

**Thesis title:** Activation therapy for seniors

**The project "Cell" – movement possibilities of therapy for seniors.**

**Thesis objectives:** The thesis objective is to penetrate deeper into the problems of seniors' life and provide a comprehensive picture of their current lifestyle. Using various kinds of physical therapy to delay the ageing process and slow down the symptoms associated with senior age (isolation, loss of social contacts, old-age depression, deterioration in living standards, inadequate nutrition, questionable hygiene, loss of motivation, decreased social activities, loss of confidence, etc.) To include their current life the regular physical activity and encourage their participation in the program full of life.

**Method:** In the first stage of thesis I devote to studying the issue of seniors in young and middle retiring age. I study the accompanying factors related to the end of their job and subsequent entry into retirement. Further I investigate the influence of lack of activities for a longer period without a regular job on psyche and physical exercise of daily activities for middle retiring age seniors. Another important task was completing training courses of Feldenkrais activation methods, art therapy, didactic art, masseur course and practice of voluntary social worker for seniors.

Another part of thesis is in the form of qualitative research. There was chosen group of ten seniors who have enlist themselves in my project with name „Cell“ for the study. This examined group consists of six men and four women. The group include seniors' lifestyle both rural and city. By the help of observation, investigation, analysis, create of casuistry, management of interactive personal interviews and subsequent compilation of behavioral therapy there was created the base for the evaluation of the material.

Assumption for the creation of motion program for individuals is perfect knowledge of their biographical history, individual approach and respecting their needs. Important is the cooperation with their family and physician.

Case studies of individual seniors describe collection of the information, planning and creation of behavioral therapies and individual realization of the therapeutic unit for a period of twelve months. During the first six months they work under the supervision of a therapist and further six months they work individually after the behavioral plan.

I evaluate the results, analyze and create synthetic behavioral therapy and self-realization for individuals. An integral part of thesis is the final evaluation, what specific benefits have different motion techniques for individual probands, affection of the functioning of families of the probands, how it was changed and in what was changed lifestyles probands, what problems occurred during the project "Cell" and what possibilities we found to solution of the problems.

**Results:** The thesis results are summarized in the discussion and conclusion chapters. Definitely we can say that it succeed to integrate the individual physical activities into everyday life of probands. Regular physical activity have a positive impact on seniors in the social, physical and psychological area. There was very good cooperation with the physicians of the seniors. It turned out that for any cooperation with the seniors, it is necessary to develop and maintain social contacts. Although seniors are independent, presentation of results in a team is needed to provide additional motivation

**Key words:** Senior (pensioner), seniors' lifestyle, physical therapy, activation approach to life, social network, behavioral approach to seniors